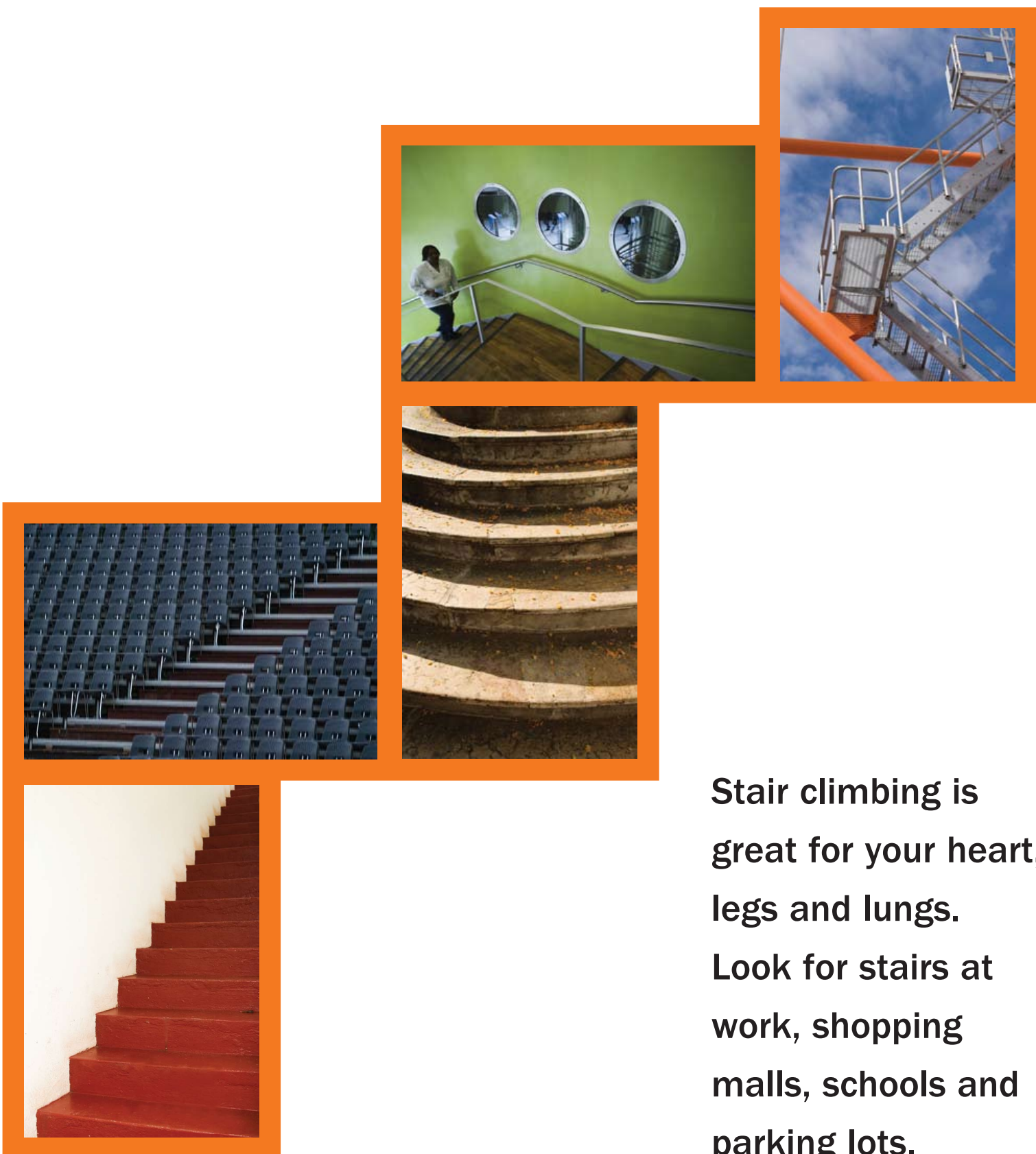


Sneak activity
into your daily routine.

Take The Stairs



Stair climbing is
great for your heart,
legs and lungs.
Look for stairs at
work, shopping
malls, schools and
parking lots.